Prescribe Culture Programme 6



Participant Information – Programme 6

Oct-Nov 2024

Introduction

Prescribe Culture is the University of Edinburgh’s award-winning heritage-based, non-clinical support for health, social care and wellbeing.

Founded on Social Prescribing, a new movement in health, defined by the NHS as:

**An approach (or range of approaches) for connecting people with non-medical sources of support or resources within the community which are likely to help with the health problems they are** **experiencing.**

Through Prescribe Culture’s Programme 6, you are being referred to and prescribed a series of six. standalone workshops, for small groups of no more than 8 individuals, that are inspired by heritage stories.

You do not need any previous experience of engaging with heritage to benefit from Prescribe Culture’s Programme 6. At heart, it is all about providing some weekly respite from any worries and difficulties you are currently experiencing and it offers an opportunity to connect with others and the world around you, with a more personalised approach accessible though small group format.

**Please note Prescribe Culture’s Programme 6 is a non-clinical mental health intervention, it is not therapy. The Programme 6 facilitators are heritage engagement professionals who have undertaken mental health awareness training, they are not mental health professionals.**

**Why Culture?**

Recent research shows that engaging with cultural assets and/or nature has benefits for mental health and wellbeing (see p.11 for links to some of this research).

* **Connect** – strengthen your relationships with the people who are close to you and broaden your relationships in your community and with the wider world
* **Be Active** – this does not necessarily mean going to the gym but find an activity that you like and make it part of your life.
* **Keep Learning** – learning new skills can give you a sense of achievement and confidence.
* **Give to Others** –even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
* **Be mindful** –be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

Read more about the Five Ways to Wellbeing: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>.



**Prescribe Culture’s Programme 6** is a mental health and wellbeing support programme delivered for small groups of adults living in Edinburgh City.

Once you complete and submit the Prescribe Culture referral form, you will receive a Welcome letter and further details about the Programme 6 you have selected.

There are a total of 16 places available. Places will be allocated on a first-come, first-served basis. If your first choice is full, we will alert you to alternative programmes that still have availability.

**Key Dates for Programme 6**

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| Referrals open from | Mon 9 Sept 2024 |
| Registration closes | Fri 1 Nov 2024 |
| You will receive confirmation of your place within | 4 working days of referral submission |
| Programme 6 has staggered start and end dates | Please see table below |

**Overview of Programme 6 choices**

Programme 6 Oct-Nov 2024

**Please note: no prior experience or knowledge** of any subject or activity is necessary**.**

**Programme 6** is not a learning programme, this **is about supporting mental health and wellbeing and increasing sense of connection, or reconnection, to the world around us.**

Each session in all Programme 6s is ‘stand-alone’ so, if you miss a week or two, it will not affect the next session you attend. However, like a medical prescription, Programme 6 will be most effective if you attend regularly, and ideally, all sessions.

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| **Programme 6 Choice** | **Where** | **Day/Time** | **Short Description** |
| **Curiosity Reconnect** 8 places | St Cecilia’s Hall & Music Museum,Niddry St | Thursdays3.30-5pmThursday 17 Oct – Thursday 21 Nov | If you feel you could benefit from re-engaging the roaming curiosity and sense of exploration and discovery you see in young children, then *Curiosity Reconnect* might just be what you are looking for. 6 weeks of nurturing creativity and reflection through rare books and heritage collections relating to childhood. |
| **Programme 6 @ Makerspace**8 places | The MakerspaceLevel 1UoE Main LibraryGeorge Square | Tuesdays10.30am-12pmTuesday 15 Oct – Tuesday 19 Nov | Take some ‘time out’ on Tuesday mornings and join our Makerspace Manager, Simeon, on an exploration into digital craft. This is digital crafting for wellbeing, so absolutely no experience necessary |

Programme 6 Curiosity Reconnect

**Day and Time:** Thursdays 3.30-5pm, running Thursday 17 Oct – Thursday 21 November

**Venue:** St Cecilia’s Hall, Niddry Street, Edinburgh

[Planning Your Visit - St Cecilia's Hall (ed.ac.uk)](https://www.stcecilias.ed.ac.uk/visit/#travel)

**Lead Facilitator:** Ruthanne Baxter, UoE Heritage Collections Civic Manager & Prescribe Culture Lead.

More often than not, adults will feel they have lost the time to ‘be curious’, in this Programme 6, in partnership with the Museum of Childhood collections, we invite you to give yourself the weekly gift of exploration and discovery for the purposes of micro-respite and self-care.

Across the six weeks, inspired and supported by diverse objects, archives and stories of people and place, our small cohort will get creative with nature journaling, picnic pictures & poster design and get reflective on themes of symbolism, identity and nurturing.

Programme 6 @ The Makerspace

**Date and Time:** Tuesdays, 10.30am-12pm, 15 October – 19 November

**Venue:** Makerspace, Level 1, University Main Library, George Square

**Led by:** Simeon Newbatt, Makerspace Manager

Come along to relax, explore and try therapeutic play with fun and creative 3D Printing, Scanning and Virtual Reality.



Simeon is passionate about the mental health and wellbeing benefits of crafting. In this Programme 6 you will have the opportunity to take respite from your ‘day-to-day’ tasks and stresses, and enjoy 90 minutes of digital crafting, while connecting with others.

**How can Prescribe Culture’s Programme 6 help?**

Feedback from Prescribe Culture members who have attended Programme 6s includes:

*“Every time I came away from my Programme 6 sessions, I simply felt more energised and positive”*

*“Through the Step Back and Reflect series, I got great comfort from understanding that how I have been feeling is not odd or unusual – people for centuries have felt this way. Plus, the sessions are just fun too!”*

*“During the week I tend to be feeling tired and uncertain and worried about my work load, but after my Programme 6 sessions I feel enthusiastic and more positive. It has also allowed me meet like-minded others”*

*“I really look forward to my Programme 6 sessions – there are no expectations on me there other than to relax and enjoy and I have met lovely people I may not otherwise have met”*

**About our Prescribe Culture Programme 6 Lead Facilitators**

A heritage engagement professional for over twenty years, Ruthanne has six years’ experience developing and delivering psychology-informed heritage programmes co-designed to support those experience mental health challenges. She is passionate about the role and power of heritage in helping reduce loneliness and isolation, increasing sense of connection to the world around us and providing ‘micro respite’ for those living with stress, anxiety, burnout and/or depressive symptoms.

Simeon has been designing and running workshops in both traditional and digital crafts for over a decade with a big passion for where the two intersect. In a previous position he ran a social therapeutic creative studio curating an environment and providing support for exploration, wellbeing, and artistic expression through everything from tapestry weaving to VR. Now running the Main Library’s Makerspace his focus is on fostering an environment of accessibility, inclusion, learning and curiosity in digital making. Supporting users navigate the new and exciting realms and possibilities within digital crafts.

**Now you have had an overview of the Programme 6s available, simply go to the Prescribe Culture webpage, complete the referral form found here**

[Programme 6 (Edinburgh) | The University of Edinburgh](https://www.ed.ac.uk/information-services/library-museum-gallery/heritage-collections/in-the-community/prescribe-culture/programme-6-edinburgh)

**and email to** **PrescribeCulture@ed.ac.uk**



**How can I contact the Prescribe Culture team?**

You can email us on PrescribeCulture@ed.ac.uk

**Can I talk to someone in-person, by telephone or online in advance of registering?**

Frequently Asked Questions

Yes. Please email PrescribeCulture@ed.ac.uk to set up time to chat with Ruthanne Baxter, Prescribe Culture Lead.

**Can I register for more than one Prescribe Culture Programme 6?**

If places are still available in the second programme as it goes into delivery, we will let you know and you will be very welcome to use both programmes as a non-clinical support for your mental health.

**How many people will be in a Programme 6 group?**

There will be a maximum of 8 individuals in Programme 6 groups.

**What will happen in the first Programme 6 session?**

The first session allows the facilitators get to meet you and the rest of the group, the facilitator will give the group a little background to Prescribe Culture and the Programme 6 you will be attending. You will be asked to complete a very short pre-programme postcard, have an opportunity to ask any questions you might have about Prescribe Culture and the programme.

**Can I visit the location of my Programme 6 before the programme starts?**

Yes, please email PrescribeCulture@ed.ac.uk if you would like help to arrange this.

**Will there be any follow-up support available from Prescribe Culture when Programme 6 finishes?**

We very much hope that by the completion of your Programme 6, you will have discovered engagement with heritage and culture as new options for supporting and managing your mental wellbeing.

You are very welcome to register for the monthly Prescribe Culture Gatherings and heritage-inspired online social prescribing is available through Gladden Village, where the Coffeehouse is ‘open’ every Wednesday evening. Village membership is free and you can register here [Home (gladdenvillage.org)](https://gladdenvillage.org/)

Finally, you might wish to follow-on from Prescribe Culture’s Programme 6 by considering volunteering with UoE Heritage Collections or a partner. We have volunteering opportunities and run a regular programme of engagement events at UoE Heritage Collections, if you feel volunteering could support your overall mental health and wellbeing.

For more information see: <https://www.ed.ac.uk/information-services/library-museum-gallery/crc/volunteers-interns-honorary-fellows/volunteers-interns>.

**Resources**

**Self-help**

The University subscribes to many services to help students manage their mental health which can be accessed for free:

Resources and Research

* **SilverCloud** is a package of online mental health treatment programmes, mostly based on CBT, which help people overcome common mental health problems. <https://ed.silvercloudhealth.com/signup/>
* **Feeling Good App** contains a safe and effective programme, Positive Mental Training, that is widely used within the NHS in Edinburgh, for increasing wellbeing and recovery from stress, worry and low mood: <https://www.ed.ac.uk/student-counselling/self-help/apps-podcasts-ted-talks-relaxation-recordings/feeling-good-app>
* **Big White Wall (BWW)** is an online support network, available 24/7, guided by trained professionals: <https://www.ed.ac.uk/student-counselling/self-help/big-white-wall-bww>

The student counselling service also has a list of many self-help resources including helplines which you can access here: <https://www.ed.ac.uk/student-counselling/self-help/self-help-resource-list>.

**Crisis Support**

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| **Name** | **Number** |
| Samaritans (24 hours) | 116 123 |
| Edinburgh Crisis Centre (24 hours) | 080 8010414 |
| NHS 24 (after GP opening hours) | 111 |
| Mental Health Assessment Team (24 hours) | 0131 537 6000 |
| University of Edinburgh Security (24 hours) | 0131 650 2257 |

**Research**

Research exploring the link between heritage, culture, health and wellbeing is growing. If you are interesting in finding out more some articles and resources to look at include:

* Bungay, H and Clift, S. (2010) Arts on Prescription: A review of practice in the UK, Perspectives in Public Health, 130, 6, 277-281.
* Creative Health, the Arts for Health and Wellbeing Report, July 2017. <http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017.pdf>.
* Thomson, L.J., Camic, P.M. & Chatterjee, H.J. (2015). *Social Prescribing: A review of community referral schemes.* London: University College London.
* Secker J. Hacking S., Spandler H., Kent L., Shenton J. (2007). *Mental health, social inclusion and arts: developing the evidence base*. Available from: <http://clok.uclan.ac.uk/3846/1/Arts.MH.FinalReportforweb.pdf>
* University of Westminster, ‘Making Sense of Social Prescribing ‘ <https://westminsterresearch.westminster.ac.uk/download/f3cf4b949511304f762bdec137844251031072697ae511a462eac9150d6ba8e0/1340196/Making-sense-of-social-prescribing%202017.pdf>